

Psychological Aspects of Breast Cancer Diagnosis and Treatment

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






Overview: Goals of this presentation

- To encourage patients to feel more empowered
 - To discuss why some women delay seeing a clinician
 - To help women and clinicians understand thoughts and feelings patients may experience
 - To help women become better patients and clinicians become more empathic providers.
 - To help increase knowledge of psychological impact and implications
 - Provide resources (internet, groups, books, etc)
- 



Up to 20% of women who notice a lump delay seeing a clinician three months or more

-  Denial
-  Other priorities
-  Access to health care
-  Not in the demographic
-  Myths/False beliefs





Coping Styles

 Denial

 Fighting Spirit

 Stoic Acceptance

 Anxious/Depressed Acceptance

 Helplessness/Hopelessness



*90% of all patients say that waiting for
test results is one of the most stressful
aspects of this experience*



Common psychological concerns with breast cancer diagnosis

- Body image
- Fear of recurrence
- Physical toxicities
- Treatment related distress
- Changes in libido
- Stigma
- Logistical stress
- Information overload



Risk Factors for significant psychosocial distress

- Younger age (<50 years old)
- Pre-existing depression
- Chronic pain
- Physical limitations
- Co-morbid conditions
- Poor social support



Therapy and support for patients with breast cancer to consider

- Support groups (hospital, church, community based, internet groups)
- Individual therapy
- Couples therapy
- Family therapy











How to be a better patient....

- Ask for clinician's recommendations in writing
- Write down your questions
- Speak up if something isn't clear
- Bring a support person
- Catch more flies with sugar than vinegar




How to be a more empathic clinician...

-  *Reflective Listening*
-  *Open ended questions*
-  *Silence*
-  *Summarizing*
-  *Non-verbal communication*
-  *Checking in...*
-  *Asking tough questions...*
-  *Anticipating needs and concerns*





Resources available: Videos and publications

 National Cancer Institute (free publications) "Moving beyond breast cancer" video No cost through NCICIS. 1-800-4-cancer
<http://cis.nci.nih.gov>

Breast cancer resources

■ SUPPORT GROUPS

- Bay Area Young Survivors or BAYS has a monthly support group
<http://www.baysnet.org/>

- The Women's Cancer Resource Center in Oakland <http://www.wcrc.org/>

■ BOOKS

- ***Nordies at Noon*** -- details the lives of four young women coping with breast cancer. It has received excellent reviews from people/patients who have struggled with this disease and is particularly helpful in addressing the needs of younger patients.
- ***Books by:*** Susan M. Love, Karen Lindsey Marcia Williams, David Chan, Frank Stockdale, John Glaspy
- ***Breast Cancer Survival Manual, Fourth Edition: A Step-by-Step Guide for the Woman With Newly Diagnosed Breast Cancer*** by John Link (2007)



More resources:

WEBSITES

Bay Area Young Survivors (BAYS) is a support and action group for women age 45 and under who are living with breast cancer. <http://www.baysnet.org/>

YSC - Young Survival Coalition. They have a great website/message boards and the local, NorCal affiliate hosts social and educational events. <http://www.youngsurvival.org/> YSC NorCal and BAYS work closely together.

Breast cancer.org www.breastcancer.org

Living beyond Breast Cancer www.lbbc.org - they have two excellent pamphlets on coping with new diagnosis of breast cancer

National Cancer Institute <http://www.cancer.gov/cancertopics/types/breast>

Cancer Care is a wonderful resource for people living with cancer and their loved ones. It is especially helpful for folks who are recently diagnosed and having trouble coping. Although Cancer Care is physically based in NYC, they offer telephone counseling, online support groups, and have access to extensive cancer-specific information along with resources that address coping with BC. Their general website: <http://www.cancercare.org/> Their breast cancer specific link: http://www.cancercare.org/get_help/help_by_diagnosis/diagnosis.php?diagnosis=breast

INDIVIDUAL REFERRALS

Sueann Mark, Ph.D. is a clinical sexologist and educator in SF who specializes in breast cancer. She developed a group program called "STEPS" for women to rediscover pleasure after cancer. Her website is drsueannmark.com

Special thanks

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